



Hospitality and Catering

# Producing vegetable dishes

## Lesson 7

Become proficient in preparing, cooking and serving various vegetable dishes in hospitality and catering.





# Thinking healthy

The key is to preserve the nutritional content whilst we reduce the fat content of the cooking process or accompanying sauce.





# Healthy kitchens

Hospitals and nursing homes have to make sure that the vegetables they serve are not overcooked and still retain their goodness.



# Healthiest vegetables

Spinach contains vitamin A, C, B12 and K, iron, folate, manganese, magnesium and antioxidants.

Carrots contain vitamin A, B6, and K1, potassium and antioxidants.





# Healthiest vegetables

Broccoli contains vitamin C and K, iron, potassium, calcium, phosphorous and antioxidants.

Beetroot contains vitamin C and A, folate, calcium, iron, manganese, potassium and antioxidants.





# Portion size

Some vegetables are high in sugars and carbohydrates.

This can cause weight gain if we do not take enough exercise. Portions to watch are:

- Potatoes
- Sweetcorn





# Healthy cooking methods

Grilling, baking, steaming and microwaving are common healthy cooking methods.

Boiling is not considered healthy because lots of nutrients are lost in the boiling water.







# Healthy cooking fats

Replacing lard for vegetable oils.

Using oil sprays to minimise oil used in cooking.

Replace vegetable oils with olive oils for main dishes.







# Healthy finishing ingredients

Low fat cheeses for toppings and grilling.

Low fat milk and creams for sauces. –  
bechamel sauce with skimmed milk

Chopped fresh herbs for vitamins such  
as vitamin C in parsley.





# Revision Activity 7

**How can you make a vegetable dish healthy?**